

gdfgdg



INSTRUCTIONS

PARTNER LEG THROW

CATEGORIES: Balance, Partners, Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-leg-throw/>

Abs

Acrobatics

Core

Hip Flexors

Turn Out

Turns



STEPS:

- Partner A stands with legs hip distance apart
- Partner B lays in their back, legs in the air and hands wrapped around partner A's ankles.
- Partner A gently pushed the legs of partner B toward the ground.
- Partner B uses their core to pull legs back to starting position.
- Partner B: DO not let your low back come off of the ground. If you don't have enough control to keep legs straight and back on the ground, bend your knees and tap your toes on the ground instead

Repetitions and Modifications:

Repeat 10-12 times each partner

[-] Bend your knees and tap your toes